metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

TORONTO metro®

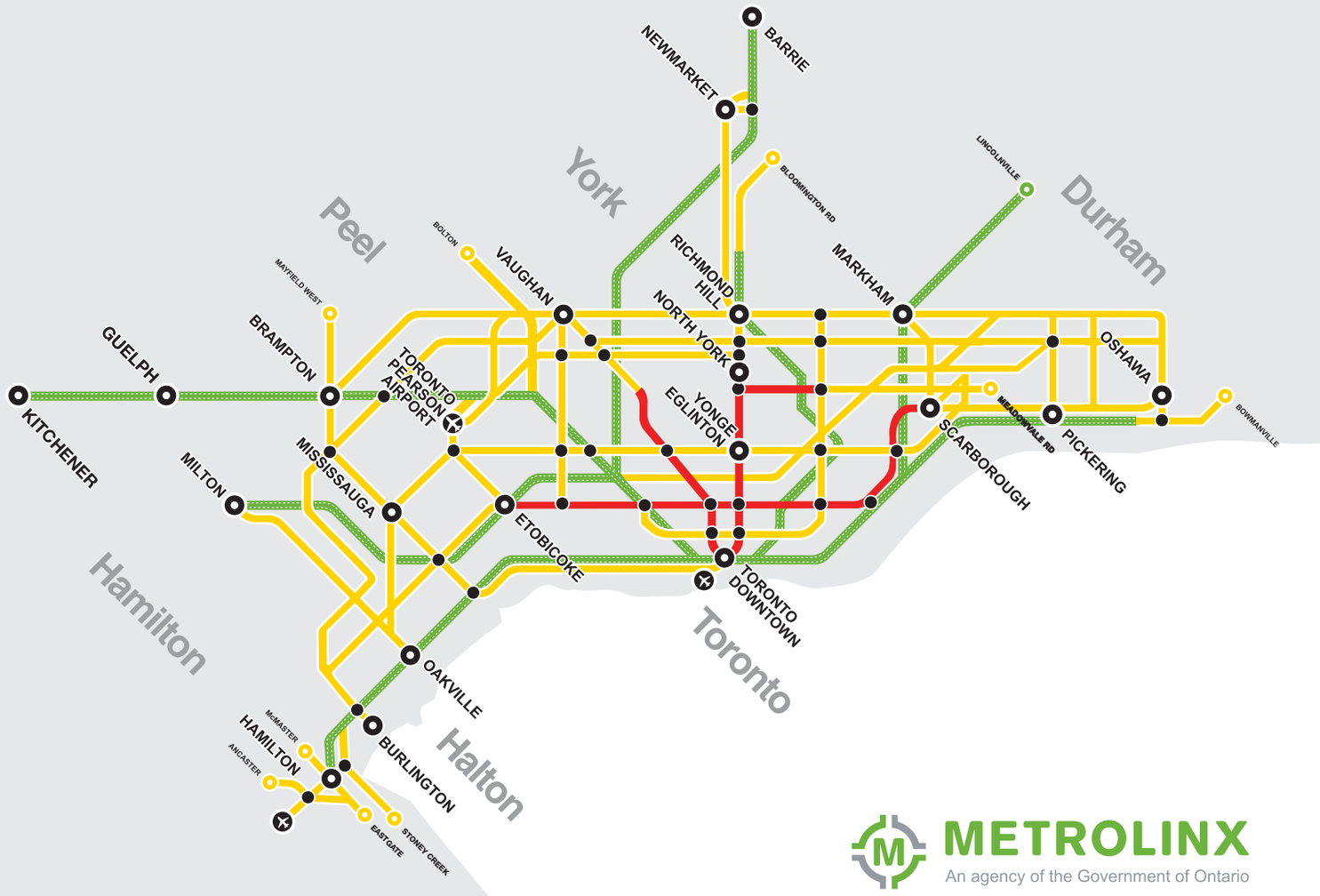
NEWS WORTH SHARING.

Transforming Transportation.

It’s about time.

We all know how difficult getting around can be. The average person in the Greater Toronto and Hamilton area (GTHA) spends 82 minutes commuting everyday. But there is a solution.

We call it The Big Move. It’s our vision of an integrated and efficient transportation system for the future – and it’s happening right now. More than $16 billion has already been committed, and over 200 projects will revitalize our communities and help us all go further, faster.



METROLINX
An agency of the Government of Ontario

Monday, June 3, 2013

metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

TORONTO metro®

$226,873 WINNER

YOUR BODY IS NOT THE ENEMY

6 OUT OF 10 GIRLS AVOID ACTIVITIES BECAUSE THEY DON'T LIKE HOW THEY LOOK. ONE MOM STRIVES TO KEEP HER LITTLE BALLERINA DANCING PAGE 14

Locals say crack video is no crock: Poll

Small majority of Torontonians believe alleged Ford tape exists, say new numbers PAGE 3

Travel the world, line your pocket

Hundreds of travel bloggers converge on Toronto to share their tales of success PAGE 4

Hot pics land Israeli soldiers in hot water

Women disciplined after posing in underwear, combat gear and posting photos online PAGE 9

NEWS WORTH SHARING.

CANADA GETS SMOKED

A type of "smoke bomb" filled part of the grandstand for a few seconds Sunday at BMO Field, during the second half of the match between the Canadian and U.S. women's national soccer teams. Fans enjoyed the fast-paced action, even though Canada lost 3-0. Story, page 18.

DAVID COOPER/TORSTAR NEWS SERVICE

Quit dawdling on sex-ed update, Liberals urged

Health. Advocates want premier to introduce revised curriculum this fall

Ontario health and education experts are calling on Queen's Park to get on with launching the new sex-education curriculum this fall that has been gathering dust for three years, and to replace lessons that are 15 years out of date.

The call comes four months after new Premier Kathleen Wynne vowed "to evolve our health and physical education curriculum" in her first press conference after becoming Liberal leader.

A coalition of 50 organizations including Sick Kids Hospital, universities, and teachers' and parents' groups was to release a report Monday showing a majority of Ontario parents surveyed in an Environics poll believe schools should educate students on topics such as sexual orientation, self-esteem, contraception, abstinence and the correct names for body parts, to equip them to make healthy decisions in a world that bombards them with unfiltered sexual content.

Quoted

"The elementary health curriculum's section on sexual health is woefully out of date for a world where kids have access 24-7 to information that can be inaccurate and even damaging."

James Mandigo, president, Ontario Physical Health Education Association

"The elementary health curriculum's section on sexual health is woefully out of date for a world where kids have access 24-7 to information that can be inaccurate and even damaging," said James Mandigo, president of the Ontario Physical Health Education Association.

"The curriculum they're using was written before Twitter and smartphones and Facebook were around, so kids need updated information to help them make healthy choices."

While Wynne and Education Minister Liz Sandals both have committed to consulting further with parents, they have set no timeline yet.

TORSTAR NEWS SERVICE

DON'T WAIT TO SEE.

Get LASIK today, take 5 years to pay.

Starting at just $490 per eye* 5-year financing $0 down†

Book a free consultation at 1-877-316-9888 or lasikmd.com

LASIK MD VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply. †Subject to Desjardins Card Services credit approval. Interest financing starting at 8.9% over 60 months.

GET A FREE BOX
OF ANY SPLASH CONTACTS

FREE BOX
*Offer**

clearlycontacts.ca/metro

Choose from dailies, bi-weeklies or colours.
**Minimum 2 box order.*

USE CODE: **SPLASHBOGO**

ClearlyContacts.ca

'Very busy week'

Rob Ford TORSTAR NEWS SERVICE

Ford assures listeners he's still running city

A casual listener might have thought this week's episode of Newstalk 1010's The City was rather typical. But for those closely following the crack cocaine scandal unfolding out of city hall, it was clear Mayor Rob Ford used his weekly radio show to tell Torontonians he was still running the city.

Ford boasted about his "very busy week" at city hall, where he was made to tackle "very important issues." He talked about attending executive committee, meeting with the auditor general about Toronto community housing, holding a press conference about flooding on the Don Valley Parkway and about being briefed on the dilapidated Dufferin bridge.

The mayor also revealed that he has replaced four of the six staffers who left his office amid the controversy.

"I'm really happy to say that on Friday I hired four more people. The media is saying three. We hired another one," said Ford.

It's been a little over two weeks since the Toronto Star reported two of its reporters had viewed a 90-second video clip of the mayor appearing to smoke crack cocaine and utter a homophobic slur.

TORSTAR NEWS SERVICE

Majority of T.O. believes Ford video exists: Poll

Crack scandal. The suburbs believe the mayor — that no video exists — while the city centre is a different story, according to the poll

A slim majority of Torontonians believe a video of Mayor Rob Ford allegedly smoking crack cocaine does exist, according to a recent poll.

The Ipsos Reid poll, conducted on behalf of CTV News and CP24, found half the 530 residents polled agree with the mayor and his brother, Coun. Doug Ford, that the allegations are an example of the media's agenda to have him resign from office. Of the 50 per cent, 20 per cent strongly agree with the Ford brothers while 29 per cent somewhat agree. Of the half who do not believe Ford, 30 per cent strongly disagree while the remainder somewhat agree.

Agreement with Ford and his brother is highest in Etobicoke (57 per cent), North York (56 per cent) and Scarborough (49 per cent). The Toronto Star revealed two weeks ago that two reporters had viewed footage of the mayor appearing to smoke crack cocaine. Ford has said he does not smoke cocaine and that there is no video.

Nearly half (49 per cent) believe Ford is telling the truth that he doesn't use crack cocaine, while the remaining 51 per cent do not. The suburbs of Toronto, particularly Etobicoke (61 per cent) believe Ford, while only 40 per cent of downtown residents believe him.

Forty-five per cent of those polled believes Ford is telling the truth when he says the video doesn't exist. However, 55 per cent of residents believe the video exists and is real.

TORSTAR NEWS SERVICE

Close to home

Downtown residents (63 per cent) were mostly likely to believe the video exists while 57 per cent of York/East York residents believe the video is real, followed by Scarborough (55 per cent) and North York (51 per cent). Only 46 per cent of Etobicoke residents believe the video exists, not surprising considering it's the area where Mayor Rob Ford lives.

Ride for Heart raises record-breaking funds (and thumbs)

Cyclists get a rare opportunity to ride traffic-free along the Gardiner Expressway and Don Valley Parkway for the Becel Heart & Stroke Ride for Heart on Sunday. About 13,000 enthusiastic cyclists participated in the 26th annual ride, helping to make this the best year ever by raising $5.5 million (the 2012 total was $5 million.) The funds raised will support world-class research, healthy communities, healthy children and youth, and awareness and prevention. TORSTAR NEWS SERVICE

Get Out of Debt
Without Bankruptcy - Without Loans
CALL THE Licensed Debt Professionals™ FREE CONSULTATION 310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
www.DavidSklar.com
David Sklar
C.A., CIRP, Trustee

They boldly go, then write about it

Have blog, will travel. Travel bloggers from around the world share insights at TBEX

LAURA FORTEY
toronto@metronews.ca

Hundred of bloggers from all over the world flocked to Toronto this weekend for TBEX (Travel Blog Exchange), the world's largest gathering of travel bloggers and writers. In a room full of hundreds of animated bloggers, speakers introduced their worlds of travel, writing and intrigue, and how they've made it a success.

It may be the ultimate dream for people who love to travel: to explore the world and have a location-independent job, yet still make money. As good as this may sound — and those who do it successfully can attest to its greatness — travel writing is highly competitive and living out of a suitcase alone for months on end with "no place to call home" is not everyone's idea of fun. But for the hundreds at TBEX this weekend, nothing else compares.

New bloggers, photographers and experienced writers shared their tips and tricks with virtual friends, or made new ones. Where there may have been chatter and discussion, there was typing and texting, sharing and tweeting.

In between the formal talks, there was speed dating, where bloggers had eight minutes to pitch ideas to companies and travel agencies in hopes of landing freelance work. For a lot of blog writers, the goal is to create a "third place" where people can come, share their stories, meet other travellers, get inspired and, most importantly, interact with kindred spirits who also wander the globe.

While people may complain that the Internet is a lonely and anti-social place, Audrey Scott of Uncornered Market claims otherwise. "I've met many of my closest friends through Twitter. It's all about trying to take the online stuff offline as well; this makes it more personal and so we have reader meetups."

Scott said that readers identify with her and because she exposes herself on her blog, people trust and can see themselves in her. The community and following that she and many other bloggers have created has helped inspire others worldwide.

"There is such a great like-mindedness among the travel community; people just get you, whereas perhaps your family or friends don't," said Jodi Ettenberg of Legal Nomads. "The online world gives us a sandbox to play in, and technology helps facilitate this."

Hot to globetrot

Why travel blogging can be influential

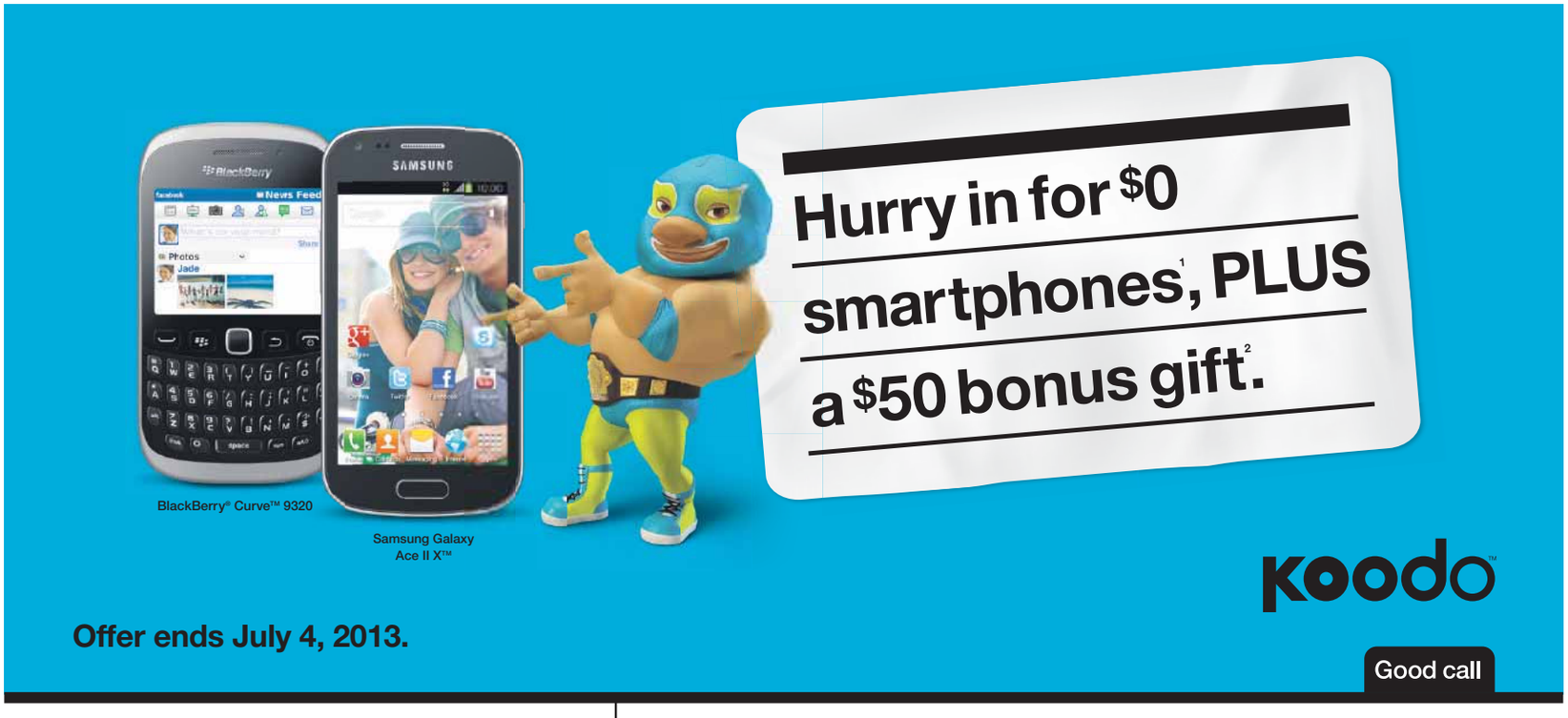
The travel blogging community has exploded because "people are now engaging their readers. This medium is bigger than just travelling," said Bruce Poon Tip, founder of G Adventures.

There are people who write about travel and those who read about it, and now the two can interact and influence each other. Poon Tip's view is that people need to understand the power that travel can have on the world and join this movement. "You need to ask how you can improve the world by travelling; this is your planet, one gesture, one moment at a time."

If money is properly spent on visiting the markets and buying from the locals, Poon Tip says, this way of tourism will transform travel for the better, which he believes could diminish fear, corruption, theft and negativity, thus improving everyone's travel experience.

LAURA FORTEY/FOR METRO

Travel bloggers mix and mingle Saturday night at the TBEX cocktail party on Centre Island in Toronto. LAURA FORTEY/FOR METRO



BEST BUY · FUTURE SHOP · BLACK'S · THE MOBILE SHOP · CELLULAR POINT · Walmart

(1) Price with the Tab. Subject to approved credit. (2) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last.

Koodo shop

Bowmanville Mall
Bramalea City Centre
Burlington Mall
Cambridge Centre
Centerpoint Mall
Cloverdale Mall
Conestoga Mall
Devonshire Mall
Dixie Outlet Mall
Downtown Chatham Centre
Dufferin Mall
Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

MONDAY, JUNE 3 TO FRIDAY, JUNE 7

Get

18,500

SHOPPERS OPTIMUM BONUS POINTS®

WHEN YOU SPEND $75 OR MORE† ON ALMOST ANYTHING IN THE STORE.

THAT'S A $25 SAVINGS VALUE!

FREE feels good™

PLUS 6 days of savings – Saturday, June 1 to Thursday, June 6

2/6.99 or 4.99 each

PEPSI or COCA-COLA BEVERAGES 12 x 355mL
Selected Flavours
Limit 4.

1.99 each

SIMPLY FOOD GRANOLA BARS (175g - 210g), CHRISTIE COOKIES or CRACKERS
Selected Types & Sizes

1.99 each

NATURE VALLEY GRANOLA BARS (175g - 230g) or SIMPLY FOOD COOKIES (325g - 350g)
Selected Types

9.99 each

LIFE BRAND SPECTRUM VITAMIN CAPLETS (100's - 130's), GLUCERNA (6 x 237mL) or ENSURE (6 x 235mL) NUTRITIONAL SHAKE
Selected Types

25% off*

BALÉA HAIR REMOVAL, LIFE BRAND, BALÉA SUN or SKIN CARE PRODUCTS
Selected Types & Sizes

3.99 each

TRESEMMÉ HAIR CARE PRODUCTS
Selected Types & Sizes

2.99 each

DEGREE MEN (76g) or DOVE (45g - 75g) ANTIPERSPIRANT/DEODORANT
Selected Types

25% off*

NIVEA SHAVE or SKIN CARE PRODUCTS
Selected Types & Sizes

69¢ each

BIO+LIFE (88's) or ROYALE (88's - 132's) FACIAL TISSUE
Selected Types
Limit 4. After limit 89¢

4.79 each

BIO+LIFE DOUBLE, LIFE BRAND ULTRA, DOUBLE (12 Roll) or MEGA (9 Roll) BATHROOM TISSUE
Limit 4. After limit 7.99

3.99 each

CHEER (1.47L) or GAIN (1.45L - 1.47L) LIQUID LAUNDRY DETERGENT
Selected Types

2.49 each

STAYFREE MAXI PADS (14's - 24's), CAREFREE LINERS (36's - 60's) or O.B. TAMPONS (18's)
Selected Types

6.99 each

NICE 'N EASY COLOR BLEND, ROOT TOUCH UP, L'IMAGE or NATURAL INSTINCTS HAIR COLOUR
Selected Types

19.99 each

SWISS ARMY CLASSIC (100mL), VERSACE THE DREAMER (50mL) or POLO BLUE (40mL) EAU DE TOILETTE
Selected Types
While quantities last. No rainchecks

While quantities last. We reserve the right to limit quantities. *Our regular price. †Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes from Monday, June 3 to Friday, June 7, 2013 only. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the days of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. ® 911979 Alberta Ltd.

SHOPPERS DRUG MART

Bruce County

Mayors had secret nuclear waste talks: Activists

Municipal leaders in the Ontario region that is home to one of the world's largest nuclear power plants are facing allegations they discussed proposed storage facilities for radioactive waste in secret because they feared damaging their electoral fortunes.

In a formal complaint to Bruce County, two activist groups also say the mayors may have violated provincial laws by failing to document and publicize years of meetings with nuclear officials.

Documents show the eight county mayors met 16 times with the Nuclear Waste Management Organization and Ontario Power Generation to discuss a facility for radioactive waste.

THE CANADIAN PRESS

Boston bombings

Russia & U.S. 'need to work more closely on security'

The head of a U.S. congressional delegation said Sunday that its meetings in Russia showed there was "nothing specific" that could have helped prevent the Boston Marathon bombings, but that the two countries need to work more closely on joint security threats.

Dana Rohrabacher, a California Republican congressman who led the six-member delegation, described discussions with Russian parliamentarians and security officials as productive. Some of the meetings, he said, were made possible by American actor Steven Seagal.

Seagal attended the news conference in the U.S. Embassy. THE ASSOCIATED PRESS

Greg Johnson was also chasing Friday's killer tornado seen here. GREG JOHNSON

Storm chaser legend killed in Friday's U.S. twister

Oklahoma City. Saskatchewan tornado hunter says chaser deaths are rare, but this storm pattern was 'unprecedented'

MORGAN MODJESKI
Metro in Saskatoon

Three of North America's best-known storm chasers were among 10 killed after a tornado hit the El Reno area of Oklahoma City during rush hour on Friday.

Tim Samaras, called the Wayne Gretzky of storm chasing, his son Paul Samaras and storm chaser Carl Young were all killed when an EF3 tornado, with winds up to 265 km/h, barrelled into the area.

Saskatchewan tornado hunter Greg Johnson was chasing the same tornado that killed the three men.

"Is it dangerous? It sure is. We're putting ourselves into the danger zone, but the thing is, we have very sophisticated technology and we have a really good understanding of how storms behave, so this is a very rare incidence," said Johnson.

Johnson said the Tornado made a 90-degree left turn and headed north in a pattern that he called "almost unprecedented."

"We got caught in the same storm and we were basically in a different location, but in the same situation as Tim," said Johnson.

He said Tim Samaras was one of the best storm chasers in the field, adding he had a chance to visit with Samaras and his team two weeks ago in Texas. "When you talk with somebody with as much experience, knowledge and research under his belt ... you just sit and listen," said Johnson.

Experienced team

"The fact that this happened ... it just shows how abnormal this particular storm was, and it was, it was a very, very unusual situation."

Saskatchewan tornado hunter Greg Johnson

ROGERS™
authorized dealer

AJAX
Baywood Centre
15 Westney Rd. N
AURORA
15483 Yonge St., Unit 2B
14785 Yonge St.
14879 Yonge St.
91 First Commerce Dr., Unit 5
BOLTON
12612 Hwy. 50, Unit 15
BRAMPTON
30 Victoria Cres.
4520 Ebenezer Rd., Unit 6
253 Queen St. E, Unit 3
105 Kennedy Rd. S
499 Raylawson Blvd.
14 Lisa St., Unit C1
499 Main St. S., Unit 58
1088 McLaughlin Rd.
9980 Airport Rd., Unit 11
25 Peel Centre Dr., Unit 505A
25 Peel Centre Dr., Unit 742K
10025 Hurontario St., Unit 118
BROOKLIN
5969 Baldwin St. S, Unit 7
COBOURG
975 Elgin St. W, Unit B
ETOBICOKE
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
25 The West Mall, Unit 1963
3015 Bloor St. W
1735 Kipling Ave.
250 The East Mall, Kiosk #316
500 Rexdale Blvd., Unit H3B
1530 Albion Rd.
GEORGETOWN
Georgetown Market Place
MAPLE
2943 Major Mackenzie Dr., Unit 4
MARKHAM
3636 Steeles Ave. E, Unit 101
9570 McCowan Rd., Unit 4
505 Hood Rd., Unit 12
7780 Woodbine Ave., Unit 3
4300 Steeles Ave. E, Unit E32
4300 Steeles Ave. E, Unit E67
8901 Woodbine Ave., Suite 218
3255 Hwy. 7 E, Unit E98
9275 Hwy. 48, Unit 11
5000 Hwy. 7 E, Unit 412
7690 Markham Rd., Unit 1C
MISSISSAUGA
Meadowvale Town Centre
Square One
Dixie Outlet Mall
153 Lakeshore Rd. E
6325 Dixie Rd., Unit 1
3105 Dundas St. W, Unit 102
7955 Financial Dr., Unit B
808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
7205 Goreway Dr.
1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
1053 Simcoe St. N, Unit 4B
2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
5100 Erin Mills Parkway, Unit V205
4141 Dixie Rd.
1250 Eglinton Ave. W, Unit A16
NEWMARKET
16715 Yonge St.
1065 Davis Dr.
18075 Yonge St.
17600 Yonge St., Unit EE22
NORTH YORK
Sheridan Mall
1700 Wilson Ave., Unit 72
1905 Avenue Rd.
4367 Steeles Ave. W
145C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
3040 Don Mills Rd., Unit 17B
Leslie Center
OAKVILLE
1027 Speers Rd., Unit 22
478 Dundas St. W, Unit 7
1500 Upper Middle Rd., Unit 2
240 Leighland Ave.
OSHAWA
Taunton Harmony Plaza
1053 Simcoe St. N, Unit 4B
285 Taunton Rd., Unit 20
419 King St. W, Unit 2272
PICKERING
Pickering Power Centre
Pickering Town Centre
611 Kingston Rd.
RICHMOND HILL
9196 Yonge St.
1480 Major Mackenzie Dr. E
10 West Pearce St., Bldg. B
Hillcrest Mall
9350 Yonge St.
10720 Yonge St.
Times Square Mall
1070 Major Mackenzie Rd. E
SCARBOROUGH
Woodside Square
1571 Sandhurst Circle, Unit 502K
5095 Sheppard Ave. E
1800 Sheppard Ave. E
Cedarbrae Mall
1900 Eglinton Ave. E
3300 McNicoll Ave.
1291 Kennedy Rd.
2555 Victoria Park Ave.
411 Kennedy Rd.
3495 Lawrence Ave.
1448 Lawrence Ave. E
5661 Steeles Ave. E, Unit 5
19 Milliken Blvd., Unit U
2490 Gerrard St. E
38 Ellesmere Rd.
300 Borough Dr., Unit 49
THORNHILL
31 Disera Dr., Unit 140
Promenade Mall
Shops on Steeles
6236 Yonge St.
9200 Bathurst St., Unit 26
TORONTO
421 Dundas St. W, Unit G8
282 Queen's Quay W
1015 Lakeshore Blvd. E
1821 Queen St. E
275 College St.
604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
919 Bay St.
525 University Ave.
45 Overlea Blvd.
Oriental Centre Mall
1448 Lawrence Ave. E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W., Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit Z010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
329 Parliament St.
200 Bay St., Unit UC – 132B
2248 Bloor St. W
330 Bay St.
4980 Yonge St.
1080 Yonge St.
1 Blue Jays Way, Suite 1200
UXBRIDGE
11 Brock St. W
WHITBY
25 Thickson Rd. N
5969 Baldwin St. S
1549 Dundas St. E
3490 North Brock St.
WOODBRIDGE
200 Whitmore Rd.

Get a $35 GOOGLE PLAY™ VOUCHER* with select 3-yr. terms

Faster is better.

GET THE SAMSUNG GALAXY S4™ ON CANADA'S FASTEST & LARGEST LTE MAX NETWORK.[1]

With LTE Max, we dedicate more spectrum in more places.

CALL 1 877 543-1393 | **CLICK** rogers.com/galaxys4 | **VISIT** your local Rogers retail store

For more information on LTE Max, visit rogers.com/LTEmax

SMARTPHONE FREEDOM ADVANTAGE

FREE PLAN CHANGES | UPGRADE ANYTIME
ROGERS TECHXPERT™ **| DEVICE PROTECTION | PRICE MATCH**

ROGERS™

ROGERS™ authorized dealer · «WIRELESSWAVE» · WIRELESS etc... · MOBILE · FUTURE SHOP · Tbooth wireless · BEST BUY · CELLULAPOINT · THE MOBILE SHOP Exclusively where President's Choice products are sold. · BATTERIES N' gadgets

*Available to new and existing customers with purchase of eligible device (Samsung Galaxy S4) and new activation on any Rogers post-paid plan between April 26 – June 30, 2013 with 3-yr. FLEXtab agreement. Subject to change without notice. Customers must have a Google Account and redeem online at rogerspromotions.com/galaxys4gift before July 30, 2013. Google Play voucher will be sent electronically or via mail (Canadian mailing address required). Allow 6-8 weeks for delivery. Limit one voucher per mobile number. Not redeemable/refundable for cash and may not be combined with any other offer. Voucher expires September 30, 2013. ©2013 Google Inc. All rights reserved. Google Play™ is a trademark of Google Inc. ™Rogers & Mobius design are trademarks of Rogers Communications Inc. &/or an affiliate. All other logos and marks are trademarks of their respective owners. **1** LTE Max refers to national network deployment of dual frequency 2600 & 2100 MHz bands, deployment of 2 x 20 MHz spectrum blocks and high concentration of dual frequency cell sites within LTE coverage area. Fastest based on tests comparing download speed vs. Bell and Telus' LTE networks and largest based on comparing respective network deployment of 2600 & 2100 MHz / 2 x 20 MHz blocks. LTE Max enabled device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Visit rogers.com/LTEmax for coverage details. For full details on Rogers Smartphone Freedom Advantage, visit rogers.com/freedomadvantage. ©2013 Rogers Communications.

Building a Better Transit System

Improvements to Kingston Road scheduled from June to December 2013

As part of the TTC's ongoing commitment to build a better transit system for Torontonians, starting in June, the Kingston Road streetcar tracks are being replaced and upgraded. These upgrades require road and track construction that can be disruptive and inconvenient. During this time, local shops, restaurants and businesses will remain open. The TTC and the City of Toronto encourage you to continue to support them during construction.

What will this mean to Kingston Road TTC riders?

- Buses will replace streetcars all day, every day
- Bus service on north-south routes will be increased to handle increased ridership
- There will be sidewalk access to businesses during construction

For more information, go to www.ttc.ca

What will happen, and when?

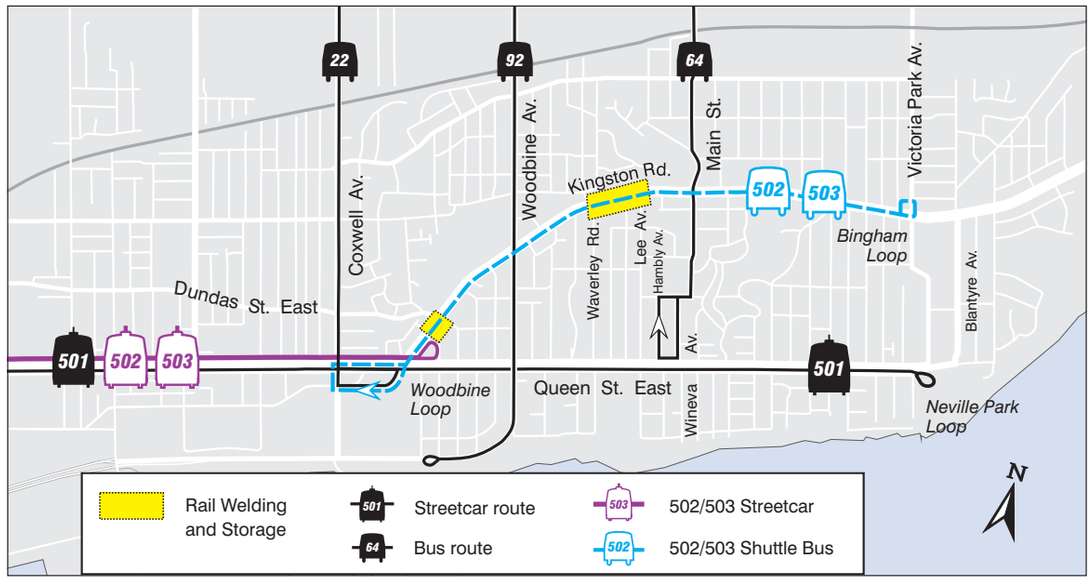
June 3 – June 22, 2013

- Centre lanes on Kingston Rd. between Queen St. and Dundas St. and between Waverley Rd. and Lee Ave. will close for rail welding and storage
- Streetcar service on Kingston Rd. will stop
- Shuttle bus service will operate on Kingston Rd. both ways from Bingham Loop (at Victoria Park Ave.) to Queen St. and Kingston Rd. intersection. 22A and 322 Coxwell evening/all night service will remain
- You will be able to transfer between streetcars (501, 502, 503) and buses at Queen St. and Kingston Rd.

June 24, 2013

- Construction will begin – requiring additional changes to transit service. Ongoing updates will be provided

June 3 – June 22, 2013



TORONTO TRANSIT COMMISSION

TORONTO

www.toronto.ca/kingstonroad

Tax 'amendment' will cost insurers $1 billion

GST bonanza. Owed amounts date back to a 2005 Finance Department release implemented in 2010

Finance Minister Jim Flaherty with Prime Minister Stephen Harper in March. A massive retroactive GST ruling from the Finance Department has insurers fuming. THE CANADIAN PRESS

Canada's insurance industry faces a $1-billion GST bill at the end of this month, thanks to a federal tax move critics say smacks of a "banana republic."

The massive tax hit applies to some financial services that insurers say were never before subject to GST.

The GST now owed is retroactive seven years, back to 2005, when the federal Finance Department issued a news release saying it planned to amend tax legislation — something it didn't get around to implementing until 2010.

Critics say that apart from the body blow to the books of domestic insurers, the "massively distortive" tax grab sends a signal to global investors that Canada is no place to do business. That message, they say, challenges any claim the Harper government is a tax-cutter and a good steward of the economy.

"I have lost count of the number of times that global tax directors have used the words 'banana republic' when I describe this legislation to them," says Michael Firth, a tax partner at PricewaterhouseCoopers Canada, and chief among the critics.

"They don't believe it. They go, 'You're kidding me? Can they really do this?'"

For its part, the Finance Department says it hasn't changed GST legislation at all, but rather clarified rules that were poorly drafted when the GST was born in 1991.

The slow-motion train wreck began with an obscure Tax Court of Canada ruling in 2003, in which the judge sided with insurer State Farm against the Canada Revenue Agency.

The company successfully argued the GST does not apply to certain common financial transactions, and therefore it owed no money to the taxman.

The Finance Department issued a statement and background document on Nov. 17, 2005, saying it planned to amend GST legislation to effectively overturn the judge's ruling, warning the amendments would be retroactive to the date of the release.

Controversial draft legislation appeared Jan. 26, 2007, and the measure was finally passed in an omnibus budget bill in 2010, whacking certain kinds of financial services with GST retroactively.

THE CANADIAN PRESS

Lovers in a dangerous time

A couple celebrates their wedding in Taksim Square on Sunday, a day after Turkish police pulled out of Istanbul's iconic square following a second day of violent clashes between protesters and police over a controversial development project.

GURCAN OZTURK/GETTY

Veterans. Former soldiers worry wounded military survivors will be forgotten

In 2010, former corporal John Lowe finished his tour in the killing fields of Kandahar.

His generation of soldiers has a myriad of money and recovery programs, but checking yourself into one is known within the ranks as "spin dry."

It can be the kiss of career death for a soldier to put their hands up and say they have a problem with the horrors they've witnessed.

"It's the culture; the culture is totally different," said Lowe, "One of our mottos is suffer in silence. That's what's honourable. That's what we're taught."

Lowe came home alone, a month ahead of his buddies in Charlie Company, 1st Battalion Princess Patricia's Canadian Light Infantry.

Lowe is part of a group of Canadian soldiers and veterans, many of them struggling with post-traumatic stress, who arrived in London Sunday after a gruelling six-day cycling ride from Paris.

They took part in an event put on by the British-based charity Help for Heroes, which gathered 300 riders from the United Kingdom, Canada and the U.S., including a number of amputees who lost limbs in Afghanistan and Iraq.

The Harper government takes great pride in saying it has poured an additional $130 million into improving the system of military medical care since being elected, including an often-trumpeted $11.4 million for mental health.

But according to accounts from soldiers past and present, it is still a system of stifling bureaucracy, occasional leadership indifference, but most of all, prejudice.

Dave Penasse, a former armoured vehicle driver who served in Bosnia, says he's concerned that as the war in Afghanistan becomes a distant memory for the public, people will forget about the 2,047 who were wounded physically and mentally.

"It is sad to think about, but if a country is not at war, there's less media attention (on the military), less and less and less, and then there's none," he said. "People forget so easily what these people have been through."

THE CANADIAN PRESS

Pistorius trial. Athlete's family 'shaken' by alleged crime-scene photos

Oscar Pistorius' family said Sunday it was "shaken" by the "graphic" leaked images broadcast by a British television station that purport to show the bloodied bathroom where the Olympian fatally shot his girlfriend on Valentine's Day.

In a brief statement two days before the double-amputee athlete is due back in court for a hearing ahead of his murder trial, the Pistorius family said the images shown by Sky News on Friday did not help the legal process.

"We were shaken by the graphic images, leaked into the public domain this week, of the accident scene at Oscar's house," the family said, appearing to confirm they are from Pistorius' home. "It has always been our plea that the legal process be allowed to run its course with integrity. The leaking of evidential material into the public domain before the court case does not advance this process."

The images have not been verified by The Associated Press or South African police.

Pistorius' family also expressed support for the 26-year-old athlete ahead of his court appearance Tuesday. The family said it believed the trial evidence would prove Pistorius' claims that the shooting was an accident. Pistorius is charged with premeditated murder for the Feb. 14 death of Reeva Steenkamp. He denies the charge, saying he shot the 29-year-old model by mistake thinking she was an intruder.

"As a family we fully stand behind Oscar as he prepares to appear in court this Tuesday," the statement said. "We believe in him, love him and will support him every step of the way in what lies ahead."

Pistorius is due in court Tuesday for a hearing ahead of his murder trial.

THE ASSOCIATED PRESS

Support

"We fully stand behind Oscar as he prepares to appear in court."

Oscar Pistorius' family
from a statement issued to media Sunday

Israel

Female soldiers punished for cheeky photos

The Israeli military said Sunday that it has disciplined a group of female soldiers who posed for photos in underwear and combat gear and posted the images on Facebook.

It's the latest in a string of episodes involving young Israeli soldiers on social media that have drawn fire.

Israeli news site Walla said the women were new recruits stationed on a base in southern Israel. One picture showed the soldiers removing their fatigue uniforms to expose their underwear and back sides. In another, five women posed in what appeared to be a barracks room, dressed only in helmets and a small amount of combat equipment. The faces of the soldiers were blurred in the photos.

In a statement, the military said the young women had acted in a manner that showed "unbecoming behaviour" for Israeli soldiers.

THE ASSOCIATED PRESS

Security

Paulson was wary of detaining process: Review

On his way to becoming Canada's top cop, Bob Paulson told internal reviewers the national security-certificate process for detaining suspected terrorists was "completely off the rails," newly released documents show. Paulson, now RCMP commissioner, expressed concerns about excessive state secrecy.

THE CANADIAN PRESS

First Nations

Harper needs to act: Atleo

The extent of First Nations unrest this summer depends in large part on how much concrete action Stephen Harper authorizes on entrenching ancient treaty rights, says National Chief Shawn Atleo.

The head of the Assembly of First Nations gave mixed reviews to his meeting with Harper in January.

THE CANADIAN PRESS

TORONTO MOBILE VETERINARY SERVICES

Professional & friendly veterinary care all in the comfort of your own home!! We provide genereal, emergency and procedural services and much more!! Open after-hours, weekends and holidays.

Call 647.389.4VET (4838) OR visit www.tomobilevet.com for an appointment TODAY!!

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS

DISABILITY CLAIMS?

Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!

- Free Consultation
- No payment until claim is settled

Call: 416-363-1867
www.rochongenova.com

Policy change

Want a coffee and a smoke? Not at Starbucks

The spooky mermaid lady wants you to butt out. GETTY IMAGES FILE

Starbucks customers will now have to stamp out their cigarettes before approaching the cafés.

The Seattle-based chain has banned smoking within 25 feet (about 7.6 metres) of its stores. A Starbucks spokeswoman says the intent is to expand the indoor no-smoking policy to the outdoor seating areas.

The policy shouldn't cause a big difference in many areas that already ban smoking within a certain distance of a business entrance. The rule will apply to Starbucks' 7,000 cafés regardless of whether they have outdoor seating areas. THE ASSOCIATED PRESS

The next industrial revolution is coming to a printer near you

3-D printing. Emerging technology could disrupt mass manufacturing by changing how and when things are made

Brook Drum, the founder and CEO of Printrbot, talks about his $299 US portable 3-D printer on May 15 during the Hardware Innovation Workshop in San Mateo, Calif. ERIC RISBERG/THE ASSOCIATED PRESS

Invisalign, a San Jose company, uses 3-D printing to make each mouthful of customized, transparent braces. Mackenzies Chocolates, a confectioner in Santa Cruz, uses a 3-D printer to pump out chocolate moulds. And earlier this year, Cornell University researchers used a 3-D printer, along with injections of a special collagen gel, to create a human-shaped ear.

Once a science-fiction fantasy, three-dimensional printers are popping up everywhere from the desks of home hobbyists to Air Force drone research centres. The machines, generally the size of a microwave oven and costing $400 US to more than $500,000 US, extrude layers of plastics or other materials, including metal, to create 3-D objects with moving parts.

Users are able to make just about anything they like: iPad stands, guitars, jewelry, even guns. But experts warn this cool innovation could soon turn controversial — because of safety concerns but also the potential for the technology to alter economies that rely on manufacturing.

"We're on the verge of the next industrial revolution, no doubt about it," said Dartmouth College business professor Richard D'Aveni. "In 25 years, entire industries are going to disappear. Countries relying on mass manufacturing are going to find themselves with no revenues and no jobs." THE ASSOCIATED PRESS

Try this at home

- Starting in June, office supply chain Staples plans to be the first major retailer to supply 3-D printers with "the Cube," a plug-in device that uses 16 colours and costs $1,299 US.

$1 WEB HOSTING

Stellarpoint Web Hosting

- GET YOUR BUSINESS SEEN
- GET YOUR BUSINESS ONLINE
- SIMPLY AND EASILY

Call Us: 647.725.3837

www.stellarpointwebhosting.com

AND IN NON-CRACK NEWS ...

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

I was sitting in on a meeting of Mayor Rob Ford's executive committee at city hall last week when I happened to see a tweet posted by Coun. John Filion:

"Big news at Mel Lastman Square as outdoor table tennis table is delivered!" it read. The tweet included a great-looking photo.

Reading that, I thought two things. First: Free outdoor ping-pong? Super cool. And then: Wait, how did I not hear about this until now?

I more or less got my answer when Rob Ford rose from his seat and walked out of the room, trailed by a dozen reporters. "Mayor Ford, can you address these allega—!" was the last I heard before the door closed.

The meeting continued without the mayor, but few seemed to care.

We are living the Rob Ford Show. It's on every channel.

As a result, other stories that affect the city are falling through the, um, cracks — overlooked, under-reported or unread. Those stories range from small — like the super-cool ping-pong table — to stuff much larger.

Consider, for example, one of the major items up for discussion at that same executive committee meeting: ward population. As it stands, the city's largest electoral district has 88,440 people. The smallest? Half that. Rebalancing that is critical to ensuring we have a fair, representative democracy.

Or take the TTC, which last week revealed its five-year corporate plan, which includes everything from implementation of cell service at subway stations and finally ditching tokens in favour of electronic fare media. It's a landmark plan that deserves a closer look.

Work continues on other files as well. A future for the beleaguered BIXI bike-share system is being developed, with plans to better integrate it with the TTC and look to condo developers as a means to expand. Public consultations will begin in a couple of weeks on the question of what to do with the eastern part of the crumbling Gardiner Expressway.

On the waterfront, a planning dispute simmers involving two competing visions for the last slice of prime developable lakefront.

And did I mention the outdoor table tennis in North York? It's super cool.

I point this out not to blame the media. The mayor has made this bed for himself by refusing to directly address the scandal in front of him.

But there does come a point where we have to acknowledge that the mayor isn't going anywhere. It's not in the Ford DNA to resign or temporarily step aside. And so we need to find a new status quo — one that separates the mayoral circus from the important work being done.

Because here's the thing: mayors are temporary, but cities? They could last forever.

ZOOM

What plagues the puffin?

THE ASSOCIATED PRESS FILE

East coast seabirds dying of starvation

This Atlantic puffin is seen with a beak crammed with fish to feed its young, but the population is at risk in the Gulf of Maine. The comical-looking seabirds have been dying of starvation and losing body weight, possibly because of shifting fish populations as ocean temperatures rise, according to scientists.
THE ASSOCIATED PRESS

Butterfish too fat to feed to the kids

Instead of feeding their young primarily herring, puffin parents were giving them large numbers of butterfish, a more southerly fish that's becoming more abundant in the Gulf or perhaps more accessible to seabirds because they've moved higher up in the water column.

But the chicks ended up starving to death because the butterfish were too big and round for them to swallow says Steve Kress, director of the National Audubon Society's seabird restoration program. Piles of uneaten butterfish were found next to some of the dead birds.

The amount of herring in the puffin's diet has been falling by about five per cent a year. THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
luke.simcoe@metronews.ca

Who says games have to be fun? If you're over Angry Birds and tired of being a Fruit Ninja, give some of these smartphone distractions a spin. What they lack in playability they make up for in sheer baffling wonderment.

Enviro Bear 2010:
In what some reviewers describe as "an elaborate troll," you take on the role of a car-driving bear trying to stock up on food for the winter. The only catch? The controls are almost meaningless, and winning seems impossible.

Frederic — The Resurrection of Music:
Play as zombie composer Frederic Chopin as he dances on a piano while battling French rappers. What's not to love?

QWOP:
The grand-daddy of futile games. For merely 99 cents, iPhone users can try — and fail — to lead a track star across the finish line, one floppy muscle group at a time.

Letters

RE: Whiny Airplane Travellers Can Go Fly a Kite, published May 29

In John Mazerolle's column He Says, he talks about how whiny people can be on airplanes and how annoying it can be.

He goes on to say he loves flying.

I know some people are annoying needlessly, but there are some people like me who hate flying due to mental illness.

We folks suffer severe anxiety and it can be quite uncomfortable at times. I don't say anything out loud and bother people, I just suffer in silence.

I have two sisters who live out West and so I have to fly to see them and it's something that can be very stressful.

I realize he's trying to be funny, but for some of us it's not a laughing matter.

It seems as though he wasn't thinking about people like me when he wrote that, and I am offended enough to write to you about it.

Jim Inglis, Halifax

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

metro

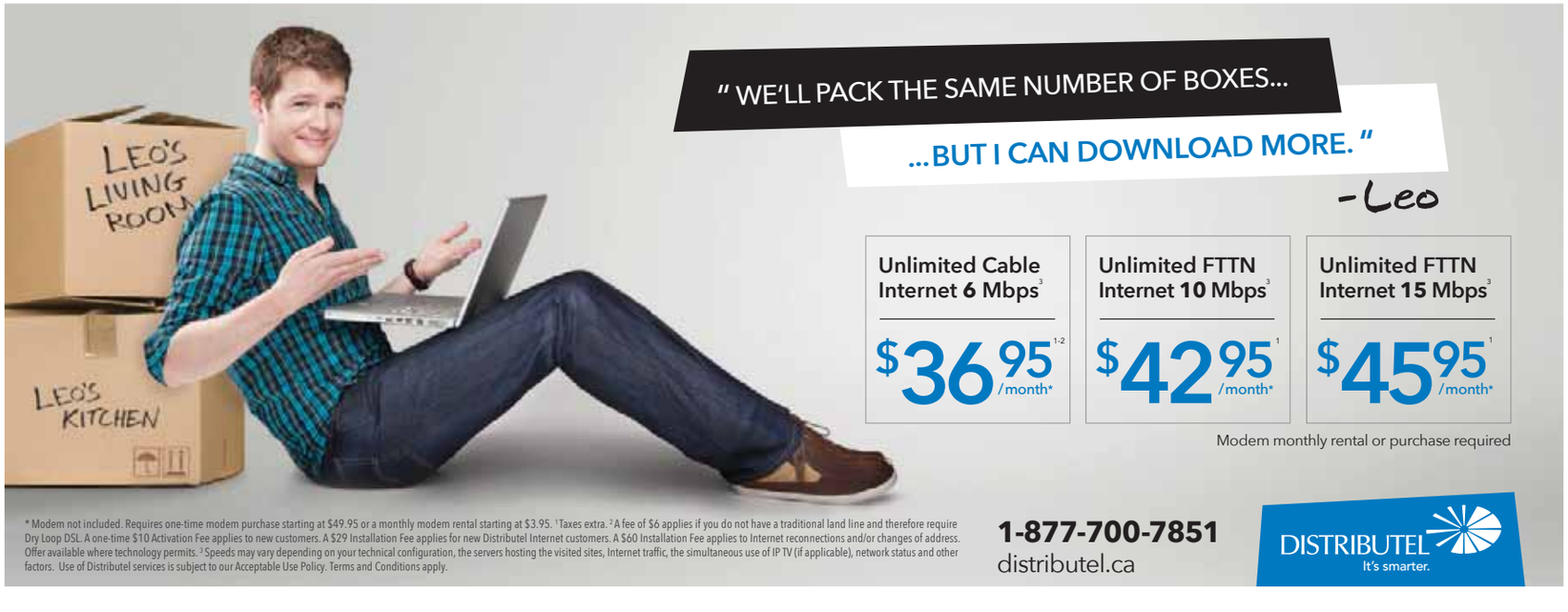
President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

SCENE 2

Parental guidance suggested

Will and Jaden Smith teaming up for After Earth has us thinking of other real-life parent-child movies. **METRO WORLD NEWS**

The actors, films	Their ages	Their roles	The results
Melvin and Mario Van Peebles Sweet Sweetback's Baadasssss Song (1971)	39, 14	Melvin plays an entertainer at a brothel falsely accused by "The Man." Mario plays his younger self in a fairly graphic introductory scene where he loses his virginity to a prostitute. Thanks, dad!	Even though what was shot very nearly qualifies as child pornography, it apparently wasn't traumatic. Mario grew up idolizing and often working with his father. He became a filmmaker himself, making New Jack City and Baadasssss! — an account of the making of his father's pioneering black cinema classic. Mario even stars as his wildly charismatic, cigar-chomping, lady-killer pop.
Ryan and Tatum O'Neal Paper Moon (1973)	32, 10	Ryan is a charismatic con man in the Depression-era South who collects fraudulent fees from rubes for bibles. Tatum plays a little girl who may be his daughter. She proves a grifting prodigy.	Ryan, often a wooden rent-a-hunk, was atypically alive and hilarious in this Peter Bogdanovich comedy. Ditto, for that matter, Tatum, who became the youngest-ever Oscar winner. She did The Bad News Bears but struggled through an adult career. Ryan, meanwhile, did two more films of major note (Barry Lyndon and The Driver), but soon returned to crap films. Their relationship became strained. Tatum alleged that Ryan hit on her at Farah Fawcett's funeral.
Henry and Jane Fonda On Golden Pond (1981)	76, 44	Henry is a crotchety, terminally sweary old-timer who is estranged from his daughter, played by Jane. This isn't that far from the truth, except that Henry wasn't married to Katharine Hepburn.	The two were famously estranged, despite him being, like her, a liberal — back when such a thing wasn't cool. The film helped them patch things up, just as what happens in the film. Henry died soon after winning his first Oscar, which Jane accepted on his behalf.
Martin and Charlie Sheen Wall Street (1987)	47, 22	Charlie is an upstart who gets associated with the wrong scene, while his father scowls. They also acted in this movie together.	The two would reunite, for about 10 seconds, in Hot Shots Part Deux, in a scene that parodies Apocalypse Now: Passing by each other on ships, they simultaneously stand and proclaim, "Loved you in Wall Street!"
Sylvester and Sage Stallone Rocky V (1990)	44, 14	Sly is a slow mumblemouth who solved the Cold War, but is still stuck penniless in a miserable South Philly neighbourhood because his brother-in-law is an idiot. Sage is his resentful son who gets an earring.	Sage took over the role of Rocky Jr. from someone actually named Rocky Krakoff. He didn't get great reviews, but neither did the film. Still, he acted again with his dad in Daylight, and appears in Vincent Gallo's Promises Written in Water, which Gallo won't let anyone see. Last year, Sage died of a heart attack at 36 years old.


LEO'S LIVING ROOM
LEO'S KITCHEN
" WE'LL PACK THE SAME NUMBER OF BOXES...
...BUT I CAN DOWNLOAD MORE. "
-Leo
Unlimited Cable Internet 6 Mbps[3]
$36.95[1-2]/month*
Unlimited FTTN Internet 10 Mbps[3]
$42.95[1]/month*
Unlimited FTTN Internet 15 Mbps[3]
$45.95[1]/month*
Modem monthly rental or purchase required
* Modem not included. Requires one-time modem purchase starting at $49.95 or a monthly modem rental starting at $3.95. [1]Taxes extra. [2]A fee of $6 applies if you do not have a traditional land line and therefore require Dry Loop DSL. A one-time $10 Activation Fee applies to new customers. A $29 Installation Fee applies for new Distributel Internet customers. A $60 Installation Fee applies to Internet reconnections and/or changes of address. Offer available where technology permits. [3]Speeds may vary depending on your technical configuration, the servers hosting the visited sites, Internet traffic, the simultaneous use of IP TV (if applicable), network status and other factors. Use of Distributel services is subject to our Acceptable Use Policy. Terms and Conditions apply.
1-877-700-7851
distributel.ca
DISTRIBUTEL
It's smarter.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Statham starves himself, Leo finds another angel

STARGAZING
Malene Arpe
scene@metronews.ca

Jason Statham is eating nothing but rice and spinach in order to get in shape for a role. The part is that of a miserable dieter driven to a life of crime and violence and ultimately finding redemption after accidentally consuming eight Mars Bars.

Justin Bieber is again investigated for reckless driving. It was all a giant misunderstanding. His pants got tangled in the steering wheel and his ego got tangled with his perception of reality.

Amanda Bynes Twitter-feuds with Rihanna while Frances Bean Cobain Twitter-feuds with Kendall Jenner and Kelly Osbourne rekindles her old feud with Lady Gaga in a Cosmopolitan interview. Next week, just to keep things interesting, Rihanna will go after Kendall on Instagram while Gaga hits Amanda over the head with a rolled up magazine.

Australian prime minister Julia Gillard says that she's a huge fan of Game Of Thrones and especially of House Targaryan. Interesting.

A Danish fan slaps Beyoncé's backside at a concert in Copenhagen. She got all upset and threatened to have him removed, clearly not realizing it was national sangerindesmækkedag.

Jimmy Kimmel says that he did not buy a $1.9 million painting of a topless Bea Arthur. In unrelated news, Kanye West didn't buy the moon, Tom Cruise didn't buy 100 cars and Justin Bieber, most emphatically, didn't buy a pair of grown-up pants.

Breaking Bad's Aaron Paul got married. He fumbled a bit with "until meth do us part," but otherwise it was a lovely ceremony.

Leonardo DiCaprio is dating a Victoria's Secret model. This would be his fourth Victoria's Secret girlfriend. Perhaps it's time to try Land's End or L.L. Bean.

More tattoos for Justin? You better Belieb it!

Justin Bieber

Justin Bieber can't stop getting tattoos — or at least he won't stop. The 19-year-old pop star appears to be averaging about one new piece of body art a month for 2013. His latest, as unveiled when he attended the premier for pal Jaden Smith's new film, After Earth, appears to be a rendering of a knight in shining armour on the inside of his left forearm, according to Splash News. That happens to be the arm where he's put most of his new ink, including a tiger head on his bicep and an angel by his wrist that first appeared during his European tour.

GETTING MARRIED?
Are you a recently engaged couple? Are your families VERY different?
DO YOU WANT TO BE ON TV?
Anaid Productions is looking for dynamic couples who are recently engaged, or about to get engaged, from two very different backgrounds for a new reality series. Be it cultural, ethnic, age, religious, or other undeniable differences - we want to hear your story.
Send a photo and short bio to casting@anaid.com by Friday, June 7.
@anaidcasting
weddingcasting

HELP ME BUILD A BRIGHTER FUTURE
The Canadian Museum for Human Rights in Winnipeg, Manitoba will be a national and international destination—a centre of learning that will encourage and educate the next generation of human rights champions.
PLEASE DONATE
This holiday season, please make a gift to the Friends of the Canadian Museum for Human Rights. Your donation will help build exhibits and programming that will inspire Canadians of all ages to build a better Canada, a better world and a brighter future for us all.
Donate today by visiting friendsofcmhr.com or call 1.866.828.9209
friends of THE CANADIAN MUSEUM FOR HUMAN RIGHTS

Is your opinion worth sharing?
Share your opinion on ads that run in Metro by joining the RAM panel at metronews.ca/panel.
What is RAM?
RAM (Research and Analysis of Media) is a panel used by several Canadian newspapers, including Metro, and more than 600 newspapers and magazines in 17 countries
What's in it for me?
Each time you complete a survey, you earn points which can be redeemed for Tango.com Gift Cards.
How do I join?
Joining is easy! Just go to metronews.ca/panel and click on the registration link for our RAM panel.
And, to show our appreciation, every month we'll randomly draw 6-winners who will each win a $25 Tango gift card! Tango gift cards can be redeemed with top-name brands like Amazon, Starbucks, and iTunes®.
metro
Go to metronews.ca/panel and join today

Lighter load

Re-use plastic pill container as sunscreen bottle

We all know it's important to re-apply sunscreen, but carrying around a whole, full-sized bottle of sunscreen can be cumbersome. Lighten up your load with this simple tip: Re-use a plastic pill container as a smaller sunscreen bottle. Wash the pill bottle and fill it with sunscreen—it's the perfect size to use on the go and handy if you carry different sorts of sunscreen. It's that easy and it's great for camp, cottage, or taking to the beach. CAROLINE FERNANDEZ/ YUMMYMUMMYCLUB.CA

Works a charm

Use the toy trick when travelling with a crying baby

When travelling with your infant who screams because he or she hates the car, make sure you have a pile of soft toys stacked up beside you on the passenger seat. At red lights or stop signs you can reach your arm back, and drop a new soft toy on his or her lap (or head — it's hard to have good aim, that's why they're soft.) This will distract your baby long enough for you to drop another new toy at the next stop sign or red light. It's like magic, I swear. JEN WARMAN/ YUMMYMUMMYCLUB.CA

Exclusively Online

Dora the Wine Fridge Explorer? Si! Read more comedic (mis) adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices

Her body is her body, and it's meant to dance, not quit

Staggering statistic.
Six out of 10 girls avoid activities because they don't like their bodies. We as parents must help to lower that number

ALI MARTELL
yummymummyclub.ca

I took ballet for 10 years. From the time I was two years old until I was 12, I spent several days a week perfecting my pliés and pirouettes and arabesques and revoltades.

I might have even been good, too, but I'll never know.

Because I quit.

Because I was a stupid pre-teenager. It was too hard, too time-consuming. And there was a little not-allowed-to-wear-underpants-underneath-the-leotard situation.

But mostly, I quit because of my body. At age 12, my body began changing — it was too large in some places and too small in other places. I was, like many girls are before they grow into their women-bodies, the bodies that will one day grow their babies — a wee bit awkward. Apparently, and unfortunately, I'm not alone in this. Six out of 10 girls avoid activities because they feel badly about the way they look.

When my oldest daughter was born and I heard that lovely "It's a girl!" announcement, the first thing I said was, "God, I can't wait to put her in a tutu." And I stayed true to my word. She was in a tutu almost before she could speak.

At 12, she is my mini me. She looks almost exactly like me; she's built almost exactly like me. Once, just once, we had the conversation I worried about the minute I became the mama to a daughter:

"Mama, I hate my body."

"What?"

"My friends are all so tall and thin. I am short and stout, like the little teapot."

"We are all built differently, my love. You are the perfect you that you can be."

Ballerinas of the future need positive role models at home. ISTOCK

"Hrm. I don't know if you are right."

"Do you exercise?"

"Of course. I bike and swim and dance and play basketball and walk to and from school and jump on the trampoline and I'm thinking of trying out for track and field."

"Do you eat a lot of foods that are good for you?"

"Of course. I love peppers and broccoli and green beans and artichokes and asparagus."

"Then that is all that matters. If you treat your body the way it should be treated, your body will grow into what it should be — a perfect woman."

I don't want her to quit like I did. She's so good. Six out of 10 girls avoiding activities. Six out of 10! I don't want my daughter to be one of the six. Research shows, though, that when girls have positive role models at home — often mom — they tend to be less likely to let their anxieties get the better of them. Her body does amazing things — she can pop and lock and shake and shimmy and whatever those young kids are doing these days. And there are moments when she's on that dance floor, and I'm sure that she's flying.

I want her to know that bodies come in all shapes and sizes. It's my job as her mother to remind her of this and to not make the same mistakes that kept me from pursuing something I loved, something I could have been amazing at.

Her body is her body, and it's a body that's meant to dance. To fly. To be celebrated. To wear a tutu if she wants.

Not to quit.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

THAT'S THE POWER OF WIND™

STOP PAYING $80 FOR A $30 PLAN.

This could be your wake-up call. Visit WINDmobile.ca

HTC and the HTC logo are trademarks of HTC Corporation. Screen images simulated. © 2013 Research In Motion Limited. All rights reserved. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Under the license from Research In Motion Limited. Google, Nexus and Android are trademarks of Google Inc. WIND and WIND Mobile are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2013 WIND Mobile.

Gluten-free black rice sticky pudding

Judith Finlayson professes a love for the taste and texture of rice, whether it's brown, red or Thai black sticky rice.

Though the cookbook author hasn't been able to duplicate a sweet concoction of mangoes and sticky rice she sampled while travelling in Thailand, this recipe for black sticky rice pudding is one of her favourites and she has included it in her most recent cookbook, The Complete Gluten-Free Whole Grains Cookbook.

"It is so easy and so good."

Thai black sticky rice is available in Asian markets. If desired, you can cook the rice in your rice cooker on the brown rice setting. The recipe calls for mangoes, but other fruits like strawberries, kiwifruit or peaches are also tasty.

This dessert is suitable for those following a vegan food plan.

Ingredients

Makes 6 servings

375 ml (1 1/2 cups) water
175 ml (3/4 cup) cooked Thai black sticky rice
1 can (400 ml/14 oz) coconut milk
125 ml (1/2 cup) packed Demerara or other raw cane sugar
2 ml (1/2 tsp) salt
250 ml (1 cup) sliced strawberries or kiwifruit or chopped peaches or mango
50 ml (1/4 cup) toasted shredded sweetened coconut
Finely chopped mint (optional)

Vegan pudding. THE CANADIAN PRESS

1. In a bowl, combine water and rice. Set aside to soak for at least 4 hours or overnight.

2. When you're ready to cook, transfer rice and soaking water to a heavy pot with a tight-fitting lid. Bring to a rapid boil over medium heat. Reduce heat to low and simmer until rice is tender, 30 to 45 minutes. (Don't lift the lid.)

3. In a saucepan, combine coconut milk, raw sugar and salt. Bring to a boil over medium heat and cook, stirring, until sugar dissolves. Stir in cooked rice and cook, stirring, until thickened, about 10 minutes. Transfer to a serving bowl and chill, if desired. When you're ready to serve, top with fruit and garnish with shredded coconut and mint, if using.

THE COMPLETE GLUTEN-FREE WHOLE GRAINS COOKBOOK BY JUDITH FINLAYSON (ROBERTROSE.CA, 2013)/ THE CANADIAN PRESS

WE NEED POST MENOPAUSAL AND SURGICALLY STERILE FEMALES!

Are you a healthy, non-smoking
POST MENOPAUSAL OR SURGICALLY STERILE FEMALE 18 TO 65 YEARS OF AGE?

• Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

Study 1578, post menopausal or surgically sterile female 18 to 65 years of age

Study starts on Tuesday June 18, 2013
• 1 sessions with 7 return visits
• Compensation is up to $1600 for completing the entire study.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8-8, Sat-Sun: 10-6

BioPharma Services Inc.

4000 Weston Road, Toronto
www.biopharmaservices.ca

SCHOLARSHIPS ARE FOR Everyone

OVER $100 million available

Scholarships are not just about grades

Scholarships are not just from schools

365 Scholarships are all year round

Sign Up. Get Matched. Start Today.
www.ScholarshipsCanada.com

SCHOLARSHIPSCANADA.com

Secrets the staff ain't gonna spill

No tips from our lips. Look beyond the job description to discover what characteristics are going to set you apart from the crowd

YLVA VAN BUUREN
CareerBear.com

If you're in the midst of a job search, you know it's important to study every job description to understand what the position requires — and how your skills and experience tie in.

But there are also certain characteristics that are valuable to organizations that you won't ever see in a job description, says Stefan Danis, CEO of Mandrake and NEXCareer.

"What you bring to a job really goes beyond your experience and skills. Organizations today are also looking for an attitude to align with or lift their culture. Those extras are often what make one person more hireable than another."

Here's the list that HR won't share:

Character
"We're constantly faced with having to make decisions and at the end of the day employers want to know that you'll make the right decision for them," Danis says. For example, if the company is in survival mode, they need you to make the right short term — and often difficult — decision. If the company is about growing into a long-term, sustainable business, they want someone with a longer time horizon who won't cut corners. To see if you have the character the company is looking for, the interviewer might ask questions about facing difficult decisions and how you chose to handle them. "They're looking at your moral compass, integrity and follow through."

Positivity
"We all have stories about someone with a negative attitude. I believe more organizations are trying to scan for that. Positivity is not a necessity to do your job, but negativity is toxic to the work environment," Danis says. Valued employees project a happy disposition and a glass-half-full attitude.

A lot of people meet the job requirements but the most valuable employee doesn't settle for meeting expectations, says Stefan Danis — he or she exceeds them. ISTOCK

Adaptable
Organizations today need people who are resilient and able to change as the company changes direction. "People who resent and resist change are literally a drag on an organization," Danis says. For example, if a company has to suddenly cut costs or lay off staff, "someone who can renew their vows to the organization's new direction almost immediately is very valuable."

Industrious
While companies promise mentoring and training, staff shortages or busy work schedules often result in new employees being left to figure things out on their own. "Let people know that while you value mentoring you acknowledge that it is sometimes difficult for people to follow through on doing it. A valued employee resists blaming the organization; instead, that person figures things out by quickly building an internal support network," Danis says.

Dependable
"Having the discipline to follow through is so important. When asked to do something, a valuable employee never lets you down." You can prove this with examples that show how you successfully completed a variety of often-conflicting assignments on time and on budget.

Job focused
Organizations want employees who do what they are paid to do. Surfing the web has taken over as the number one time waster in the office, says Danis. "It is killing productivity. Turn Facebook off and resist visiting LinkedIn and your stock picks. That should all be done at home."

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Up to $50,000 in Bursaries Now Available!
Financial Assistance May be Available to Those Who Qualify!
Second Career Training Funding
The government provides qualified candidates with education funding to train them for a better career, the grant can be up to $50,000 and covers tuition, book fees, transportation and some living allowance. Call us now to see if you are qualified.
Health Care
• Personal Support Worker*
• Community Service & Support Worker*
• Medical Office Assistant*
• CPR & First Aid
*with Internship
Law & Legal
• Paralegal*
• Law Clerk*
• Legal Office Assistant
• Police Foundations
• Over 40 Diploma Programs
*with Internship
IT & Home Inspection
• Network Administrator
• PC Support Specialist
• Computer Service Technician
• Web Designer
• Home Inspection Diploma
• Home Inspection Certificate
Accounting & Business
• Accounting and Payroll
• Business Administration
• Project Administrator
• Conference and Event Planner
• Administrative Assistant
We Speak Your Language – Career Consultation Provided In: English, Français, हिंदी, मराठी, ગુજરાતી, Español, Portugues, 国语和粤语, Română, Русский & فارسي
Academy of Learning College
Bay/Bloor Campus
FREE
FREE English & French In-Class Tutoring
416-840-3367
416-969-8845
WWW.AOLTORONTO.COM
DOWNTOWN TORONTO (Bay/Bloor) 1255 Bay Street, Suite 600, Toronto, Ontario M5R 2A9

BioPharma Services Inc.
Are you a healthy, non-smoking male or female 18 years of age or older?
• Free of daily medications?
If so, you may be eligible for our upcoming clinical research studies.
• We conduct weekday as well as weekend studies.
• Compensation may range from $900 to $2650 depending on the length of the study.
CALL: 416-747-5246
TOLL FREE: 1-866-747-5246
Mon to Fri 8-6
www.biopharmaservices.ca

Keeping the bugs out of your business

Stay healthy during the hustle. You can't let the sneezes slow you down when there is so much to do

JULIA WEST
Metro World News

Don't just expect the nighttime crew to wipe away all the germs from the day. Bring along your own cleanup kit. ISTOCK

You may claim that your job — or your boss — is killing you, and the truth is, it could actually be harming you. Poor lunch decisions when you're on the go, uncomfortable chairs and germy work stations might be taking a toll on your immune system. With a few thoughtful workplace changes, though, you can make your office a place of health and not harm. (Unfortunately, we can't help you with your boss.)

If you work in an office, you probably spend the majority of your day at your desk. Make sure it isn't a breeding ground for bacteria.

"Sanitize your workspace," suggests life coach Stacia Pierce of Ultimate Lifestyle Enterprises.

"Keep disinfectant wipes near to wipe down your mouse, keyboard and phone."

Pierce also suggests getting fresh air by eating lunch outside whenever possible. Kathy Gruver, a health and wellness practitioner, agrees. "Get outside for fresh air and sunlight, which can help that after lunch feeling of sleepiness," says Gruver. "Add in exercise and stretching throughout the day. We are still when waiting for things to load, fax, and copy. This is the perfect time to stretch and move the body."

You might be surprised which careers offer the healthiest lifestyles. According to Leslie Caccamese, director of strategic marketing and research at Great Place to Work, grocery clerks are often in good shape.

"At Whole Foods, team members are educated on healthy eating so they can share that information with their customers," says Caccamese.

"Team members also get an extra discount at Whole Foods stores for maintaining healthy biometric standards."

Put the "work" in workout

Find ways to sneak a little exercise into your workday

- Get your blood flowing with a few lunges or heel lifts at your work station.
- If you're shy about the desk workout routine, burn calories more discreetly by parking farther away from the building, or opting for the stairs rather than the elevator.

CNE
Casino Hiring
The 2013 CNE Casino is Now Hiring and Training Casino Personnel for:
Blackjack, Roulette, Hold 'em Poker and various other games at Exhibition Place.*
Security & Surveillance positions also available.
For more information, call 416.263.3588 or email casinotraining@theex.com
CNE Casino will operate from July 28 to September 2, 2013. CNE Casino intends to hire all successful graduates who apply for and receive a valid Gaming License.
*Subsidized Courses Offered
License No. 5605

ROBETECH INSTITUTE
Training Healthcare Professionals Since 1988
Become a Health Care Professional within a Year!
Most Diploma Programs Have Practicum!
• Medical Laboratory Technician
• Early Childcare Assistant
• ECG/Phlebotomy Technician
• Physiotherapist/Occupational Therapy Assistant
• Esthetics
• Personal Support Worker
• Physiotherapist Assistant
• Medical Office Assistant
• Occupational Therapist Assistant
Financial Assistance May Be Available to Those Who Qualify!
Are you Eligible for Second Career Funding? Call to Find Out!
Medical Laboratory Technician/OSMT Approved
Medical Professionals May Qualify for Credits for Prior Learning
Call: 416 365 7894
416 466 6107
E-mail: study@robetech.com
www.robetech.com
Robetech Institute Inc. is a Registered Private Career College unter the PCC Act 2005

FREE
Pre-Apprenticeship Training Institute
www.patinstitute.ca
LOOK WHO'S HIRING!
NETWORK CABLING
PLUMBING
HVAC
ELECTRICAL
TORONTO Training Facility
Wednesday, June 5 @ 6:30pm
11 Kodiak Cres. M3J 3E5
CAMBRIDGE Training Facility
Thursday, June 13 @ 6:30pm
64 Saltsman Dr. N3H 4R7
Meet With Industry Professionals!
Put Yourself In Demand With Industry Recognized Training Programs:
- HVAC
- Plumbing
- Electrical
- Carpentry
- Gas Tech 2 & 3
- Network Cabling
- Appliance Service
To book a seat or for more information please contact 1-888-501-9272 or visit us online at patinstitute.ca!
Follow us Online:

Canadian captain Christine Sinclair and Ali Krieger chase the ball during their friendly at BMO Field on Sunday. The U.S. won 3-0. DAVID COOPER/TORSTAR NEWS SERVICE

Red, white and blues: Canada foiled again

The Rematch. Morgan leads U.S. over northern neighbours in first meeting since Olympics

It's been 10 months since the United States women's soccer team delivered a dagger into the hearts of Canadians at the London Olympics.

It was clear Sunday that the wound is still fresh.

The cheeky BMO Field fans loudly counted off every American goal kick. They booed when Canadian-born striker Sydney Leroux scored and then popped her American jersey at them.

On Sunday

USA	Canada
3	0

Alex Morgan scored twice and Leroux notched the third as the world No. 1-ranked United States defeated Canada 3-0 in a friendly that was anything but.

And Canada's captain Christine Sinclair was less than impressed after the match.

"Maybe not the classiest of moves," Sinclair said of Leroux's gesture. "She scored on us, and an individual can do what they like. I probably wouldn't have done the same, but we move on."

The game — billed as "The Rematch" — marked both the first meeting between the North American rivals since Canada's heartbreaking 4-3 loss to the U.S. in the Olympic semifinals, and the Canadians' first game back home since they won bronze in London.

The Olympic semifinal — which will go down as one of the most memorable in Canadian soccer history — turned on a controversial free kick, awarded when Norwegian referee Christina Pedersen determined Canada's goalkeeper Erin McLeod took longer than the allowable six seconds to put the ball back into play.

Sunday, 22,453 red and white-clad fans — a record for a soccer game at BMO Field — loudly counted off the seconds, sometimes to as high as 10, each time American keeper Nicole Barnhart took a goal kick.

THE CANADIAN PRESS

NBA

Raptors continue front office facelift

Ed Stefanski, the Toronto Raptors executive vice-president in charge of basketball operations, was fired on Sunday.

The longtime NBA executive confirmed that he had been relieved of his duties.

"In my 18 months in Canada I came to love the city of Toronto, world-class city with terrific basketball fans," Stefanski said in a text message to The Canadian Press. "I wish the team only the best."

Stefanski's departure follows a shakeup in the Raptors' front office.

Longtime general manager Bryan Colangelo was relieved of his GM duties on May 21, although he remains the team's president.

Colangelo was replaced by Masai Ujiri as GM on Friday. THE CANADIAN PRESS

PGA

Kuchar wins 2nd title of the year

Matt Kuchar rolled in one last birdie to win the Memorial by two shots and join Tiger Woods as the only multiple winners on the PGA Tour this year.

Kuchar was challenged briefly at the turn by Kyle Stanley, and then late Sunday when Kevin Chappell birdied three of his last four holes. Kuchar only needed to two-putt from 20 feet for the win, and he made the putt for a 4-under 68.

Kuchar captured the Match Play Championship in February.

Tiger Woods finished 20 shots behind, his largest deficit since 1996.

THE ASSOCIATED PRESS

Comfort Tour
USA TOURS INCLUDE ROUND-TRIP, CITY TOURS, 3 BREAKFASTS, 3 NIGHTS HOTEL
4 DAYS NEW YORK
JUN 6, JUN 13, JUN 20, JUN 28, more dates available online
TOUR PACKAGE $598* TAXES INCL.
4 DAYS WASHINGTON
JUN 6, JUN 28, JUL 18, AUG 2, more dates available online
TOUR PACKAGE $598* TAXES INCL.
4 DAYS BOSTON
JUN 13, JUN 28, JUL 11, AUG 2, more dates available online
TOUR PACKAGE $598* TAXES INCL.
4 NIGHTS LONDON
4 NIGHTS PARIS
SEP 5, SEP 19, OCT 10
TOUR PACKAGE & FLIGHT $1,978** $526.16 TAXES
4 DAYS CHICAGO
JUN 28, JUL 11, AUG 2, AUG 15, more dates available online
TOUR PACKAGE $598* TAXES INCL.
3 DAYS MONTREAL QUEBEC OTTAWA
JUN 14, JUN 29, JUL 5, JUL 12, more dates available online
TOUR PACKAGE $398* $51.74 TAXES
* ALL PRICES ARE PER PERSON BASED ON DOUBLE-OCCUPANCY
** LOWEST FARE SHOWN
Comfort Tour Inc. 90 Sherbourne Street, Suite 101, Toronto, ON M5A 2R1, Canada
Tel: 416-642-0372 Toll-free: 1-866-213-0371 WWW.COMFORTTOUR.CA
No. 50013488

Service Directory/Apartment Finder

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™

GET OUT OF DEBT!

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, C.A., CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

For more information visit us online at **www.DavidSklar.com**

CALL ERIKA
(LICENSED DEBT EXPERT)

STOP COLLECTION CALLS
GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc Trustee in Bankruptcy www.rusinek.ca

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

License # 11991

LOWEST Bad Credit Rates since 1984

Need a loan?
Fast Same Day Loans

PFS

Personal loans → Up to $5000 *(1 yr on job; $16/hr.min.req.)*
Car paid off? → Up to $20,000 *(6 yrs or newer)*
Open loans. → Pay off early. Get refund.

416-634-2013 *Prudent Financial Services*
PrudentLoanApprovals.com

MoneyProvider.com

$500 Loan *and more*
No credit refused
Fast, easy and secure
1-877-776-1660
www.moneyprovider.com

Consumer Loans

clnfinance™
Quick and Easy approvals
Discharged from bankruptcy or consumer proposal welcome
APPLY TODAY
Tel# 416.494.1144
www.clnfinance.com

EMR DEBT SOLUTIONS Up to 90% debt reduction

We GUARANTEE to beat anyone's offer by 50% or we work for FREE*
Pay ZERO INTEREST
• Trustee's Represent Your Creditors
• We Deal With All Debts*
• Home Service Available
Mississauga • North York • Midtown • Scarborough
416-424-1510
www.emrdebtsolutions.com
*Some conditions may apply at EMR Debt Solutions

WORK / EDUCATION

Arisoft IT CONSULTANT NEEDED

IT Consultant AIX needed for Arisoft Inc. $36.17 to $38.00 Hourly, 40.00 Hours per week. Send resumes to 3601 Highway 7, suite 400 Markham, ON L3R 0M3 apply by email at jobs@arisoftglobal.com or by fax at (905) 202-5205. Applicants must have experience with IBM AIX.

PSYCHIC

INDIAN FAMOUS ASTROLOGER Pandit: Jagadish

Marriage, Business
Job, Children, Health
Depression, Love
Court, Sexual Etc
I CAN HANDLE ANY PROBLEM
100% Guarantee
REMOVE BLACK MAGIC IN 2 DAYS & GIVES IMMEDIATE PROTECTION
647-532-8224 Keele & Finch
1290 Finch Ave. W, #23, North York

Pandit: Maha Deva
The Most Powerful Spiritual Healer

Solves all Problems
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court
$5 Reading
100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft*And Gives Strong Protection...
647-709-6677
(Markham & Finch)

PSYCHIC SPIRITUAL ADVISOR MONA

I restore luck and happiness and will call out your friends and enemies by name. I will tell you your past as it was, your present as it is, and your future as it will be. 40 years experience. Superior to all others.
CALL FOR 1 FREE QUESTION!
416-222-8201
9am-9pm
Yonge/Finch

Mr. IBRAHIM
AFRICAN PSYCHIC MEDIUM

I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression.
Success in business.
Court cases.
Protection against evil.
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. **416-783-3910**

LEGAL

DIVORCE in Simple Weeks

Child Support
Pay less or Get More*
416-880-4600
www.quickform.ca
* By Lawyer, conditions apply

APARTMENT FINDER

FACING DUNDAS WEST SUBWAY STATION

BACHELOR STARTS FROM $809
1 BDRM STARTS FROM $1029
2 BDRM STARTS FROM $1399
A/C / Indoor Pool / Indoor Mall Management On-site
24hrs security / Utilities Incl.
2340 Dundas St. West
416-532-3331

FINANCIAL

CREDIT PROBLEMS?
REDUCE YOUR DEBTS & SLEEP WELL

Consolidate All Your Debts Into One Small Monthly Payment & Pay NO Interest

EMPIREONE CREDIT SOLUTIONS

WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION
416-900-2324
www.empireonecredit.com

BBB ACCREDITED BUSINESS

SCARBOROUGH 250 Consumers Rd. Suite 810
OSHAWA 286 King St. W. Suite 303
NORTH YORK 1111 Finch Ave. W. Suite 207
MISSISSAUGA 165 Dundas Ave. W. Suite 307

DEBT RELIEF
Are you drowning in debts?
Let us help you...

- consolidate debts, low monthly payments
- stop harassing creditors, collection calls and garnishments
- settle your debts without a bankruptcy
- reduce the amount to pay back, no interest

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga. Tel: 416-665-DEBT

How do I become a Dentist ?

Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

Horoscopes

♈ Aries
March 21 - April 20
If you have any doubts at all about what you are asked to do today, either by a friend or by someone you work with, just say no. It may make you a bit unpopular but better that than you hate yourself.

♉ Taurus
April 21 - May 21
What are you doing to make the world a better place? As Venus, your ruler, moves into the communications area of your chart today you can do something, even if it's only spreading what you believe.

♊ Gemini
May 22 - June 21
Your rivals may be smart but you are in a different league entirely when it comes to brain power and cunning and will outmaneuver them with ease over the next few days.

♋ Cancer
June 22 - July 23
Venus, planet of emotional and material values, moves into your chart today, making this the ideal time to ask yourself what, and who, is most important in your life.

♌ Leo
July 24 - Aug. 23
If you compromise your principles once today you will have to compromise them again and again throughout the coming week, so start as you mean to go on and refuse to do anything underhand.

♍ Virgo
Aug. 24 - Sept. 23
Not everyone can reach your high standards so try not to be too critical if a friend falls short of expectations. Show them where they went wrong but do so in a friendly way.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, moves into the career area of your chart today, making it easier for you to get along with people in positions of power. Just be careful they don't use you, as you must benefit too.

♏ Scorpio
Oct. 24 - Nov. 22
You always present a resolute face to all, even when you feel fearful and that will help you this week. You're the one everyone goes to when there's serious work to be done.

♐ Sagittarius
Nov. 23 - Dec. 21
Your imagination is active at the moment but watch out you don't go too far by imagining things that don't exist. The line between fact and fiction can often get blurred.

♑ Capricorn
Dec. 22 - Jan. 20
This is a great day for meeting people, especially friends you have not seen in a while or the one you love. Don't linger too long in front of the mirror though!

♒ Aquarius
Jan. 21 - Feb. 19
If you feel that you are being swamped with work then get someone to help you. Yes, of course, no one does as good a job as you but you can't carry on at this pace forever. Slow down.

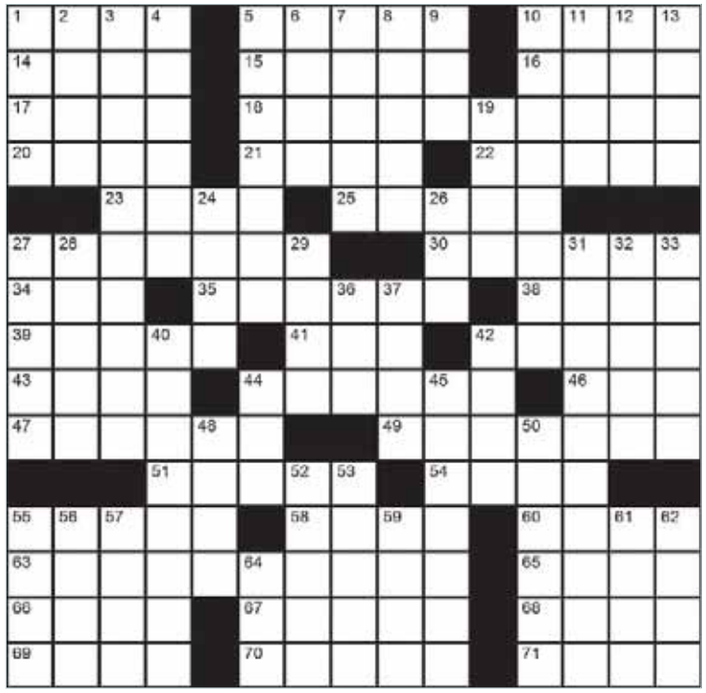
♓ Pisces
Feb. 20 - March 20
Mercury links well with Neptune, planet of self-sacrifice today, so find ways to help people. You are at your best when giving – and the universe will give back to you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Be open-wide
5. Actor, Jeremy __
10. Go together well
14. Dutch violinist/conductor of PBS concert fame, Andre __
15. Signs
16. Jazz singer, Dame __ Laine
17. Mr. Sharif
18. Canada's Senate, The __ __
20. Like dry Spanish wine
21. Twinkler
22. Ladies
23. Larger-than-life
25. Stitched spots
27. "Unwritten" singer Ms. Bedingfield
30. "Ha! Tricked you!"
34. Performance-enhancer, e.g.
35. Acapulco's locale
38. Country's Mr. Church
39. Singer, Lou __
41. "Turn to Stone" gr.
42. Hockey great Mr. Hull
43. Ms. de Matteo
44. Indirectly refer to
46. "__ Hot" by Alanis
47. Prances
49. Brush up on
51. Olympic champ's hauls
54. Singer/songwriter Mr. Jordan
55. Must scratch, must scratch...
58. Gather
60. "You've Made __ __ Very Happy" by Blood, Sweat & Tears
63. 1955 Glenn Gould album: 'Bach: The Goldberg __'
65. Isle of Scotland's Inner Hebrides
66. Canadian journalist Mr. Solomon
67. Rinse, as with a solvent
68. Day's French opposite
69. Perform, like Celine Dion
70. Between-buildings-spot
71. Catch a glimpse

Down
1. Newfoundland's __ Morne National Park
2. Je t'__ = I love you
3. Canadian flag/clock structure on Parliament Hill: 2 wds.
4. Galilean moon of Jupiter
5. Sports car name
6. "How __ __ Your Mother"
7. Sacred Hindu texts
8. Ink: French
9. Hockey's Predators, on scoreboards
10. Hamilton university
11. Napoleon's exile isle
12. Appear to be
13. __d'oeuvre (Appetizer)
19. Rat-a-tat-tat stuff
24. Doctrines
26. Toronto museum,
27. "Revenge of the __" (1984)
28. No longer together
29. Eddie's "Beverly Hills Cop" (1984) role
31. __ Period (Age of Reptiles ending)
32. __-__-miss (Randomly)
33. Poems by Currer, Ellis, and __ Bell (Bronte Sisters book)
36. Jackson 5 hit: "__ Be There"
37. __ supreme du Canada
40. Guess Who hit
42. Mr. Lugosi
44. Non-verbal communication syst.
45. Patrick of "Grey's Anatomy"
48. La __ Jackson
50. Short-tailed weasel
52. Carpentry tool
53. South Korea's capital
55. Folk singer Burl
56. Rikki-Tikki-_
57. Ocean Spray flavour, __-Raspberry
59. 'a' of a.m.
61. Trim
62. Like Cheerios
64. Actress Ms. Leoni

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9		2				7		1
	8	4	3		5	2	6	
5								8
			1		7			
	9			8			7	
			4		2			
4								6
	2	9	5		8	1	3	
6		3				9		7

Friday's Sudoku

7	6	4	2	1	5	8	9	3
2	3	9	7	8	6	1	5	4
5	8	1	4	9	3	6	2	7
4	5	7	8	6	2	3	1	9
1	9	8	3	7	4	5	6	2
3	2	6	1	5	9	7	4	8
8	4	3	5	2	1	9	7	6
6	1	2	9	3	7	4	8	5
9	7	5	6	4	8	2	3	1

Today 18°/8° Sunny
Tuesday 19°/9° Sunny
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
©The Weather Network 2013

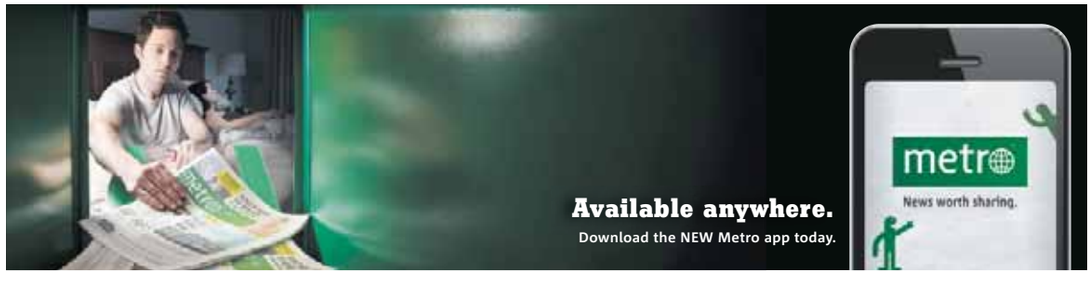
Are you trying to decide whether or not to move in with your romantic partner? Or are you engaged to be married within 1 year? A psychology study running at the University of Toronto would like to hear (and pay you for) your thoughts!

NOTE: We just need one individual to participate (we do not need both members of the couple).

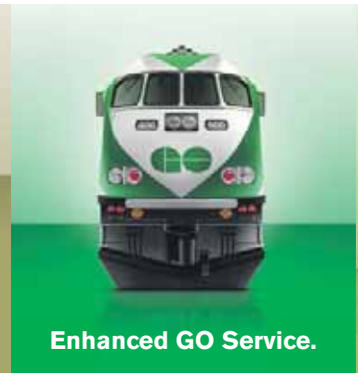
You will be compensated between $20 and $40 for participating!

UNIVERSITY OF TORONTO

Contact RelationshipMilestonesUofT@gmail.com for more information!



Union Pearson Express.


Enhanced GO Service.

Eglinton Crosstown LRT.

Not only transit, but transportation.

The investments we're making in the GTHA are happening right now.

Eglinton Crosstown LRT.
Construction is already underway to relieve some of the most congested areas in Toronto. Getting across Finch, Sheppard and Eglinton Avenues will be easier and, in some cases, up to 60% faster.

Enhanced GO Service.
Transit service will be expanded to every region in the GTHA. More GO trains and buses mean faster, more frequent two-way service all day. As of June 29, half hour off-peak service on the Lakeshore GO Train line begins, giving you many options.

Union Pearson Express.
Construction is well underway towards connecting Union Station to Pearson Airport in just 25 minutes. By 2015, state-of-the-art trains will be running every 15 minutes, 7 days per week.

Subway expansion.
For the first time, a subway service will extend beyond the City of Toronto. The subway extension will alleviate traffic congestion along Yonge Street and allow transit riders to make seamless connections to York vivaNext, GO and the TTC.

And there's more on the way. Over 400 kilometres of NEW improvements will be made to enhance our roads and highways. The Big Move will help us get back the time we lose to gridlock, so that we can spend it on what matters most.

METROLINX
An agency of the Government of Ontario

More time living.
Less time commuting.

Our next wave of projects will provide over 400 km of new and improved service, but it requires dedicated funding to build the system that allows our great region to achieve its full potential.

So get involved. Learn more about Metrolinx and The Big Move by visiting our website.

bigmove.ca

METROLINX
An agency of the Government of Ontario